

## HIGH-RISK INDIVIDUAL GUIDANCE

### Utah Leads Together

For more information, visit: [coronavirus.utah.gov/utahs-health-guidance-system/](https://coronavirus.utah.gov/utahs-health-guidance-system/)

As the community moves through phased risk guidance, we encourage you to continue to implement protective measures for your health and safety, and that of your family and the community. Together we can slow the spread of COVID-19 in our community.

High-risk individuals are defined as people 65 years and older, people who live in a nursing home or long-term care facility, people of all ages with underlying medical conditions, including lung disease or moderate to severe asthma, people who have serious heart conditions, people who are immunocompromised (many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplant, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications), people with severe obesity, diabetes, chronic kidney disease undergoing dialysis, or liver disease.

### PERSONAL PROTECTION FOR HIGH-RISK INDIVIDUALS

- Face coverings worn in settings where other physical distancing measures are difficult to maintain
- For any travel, use appropriate precautions and avoid high-risk areas
- Telework if possible; if not, maintain 6-foot distance
- When visiting friends or family, everyone should wear a face covering when within a 6-foot distance
- Limit physical interactions with other high-risk individuals, except for members of your household or residence
- Maintain social interactions in groups of 20 or fewer people outside your household or residence
- Limit visits to hospitals, nursing homes, or other residential care facilities
- Additional CDC guidance for high-risk populations can be found here: [What You Can Do](#)

### CLEANING & HYGIENE

- Follow strict hygiene standards, including:
  - Wash hands frequently with soap and water for at least 20 seconds
  - Use hand sanitizer frequently
  - Avoid touching your face
  - Cover coughs or sneezes (e.g., into a tissue, sleeve, or elbow; not hands)
- Regularly clean high-touch surfaces at home (e.g., door handles, counters, light switches, remote controls, restroom surfaces)
- Disinfect high-touch areas when in public spaces (e.g., shopping carts)
- Follow any other standards recommended by Centers for Disease Control and Prevention (CDC), Utah Department of Health, and Davis County Health Department

## LIVING WITH A HIGH-RISK INDIVIDUAL

- All household members should conduct themselves as if they are a significant risk to the high-risk individual
- Wash hands before interacting with the person, including before feeding or providing care
- Provide a protected space for high-risk household members including separate bathroom accommodations if possible; ensure high-touch surfaces and objects are cleaned regularly
- Those who are, or work with, vulnerable populations should undergo daily screening/symptom monitoring and should be tested if they develop symptoms
- Consider providing additional protections or more intensive care for high-risk household member

## INTERACTING WITH HIGH-RISK INDIVIDUALS

- Individuals not experiencing symptoms consistent with COVID-19 take extra precautions and follow strict hygiene standards when interacting with high-risk groups
- Do not interact with symptomatic individuals
- Limit visits to hospitals; no visits to nursing homes, and other residential care facilities
- Increase use of virtual interactions
- Undergo daily screening/symptom monitoring and get tested if COVID-19 symptoms develop
- Those working with high-risk individuals may be targeted for testing
- High-risk individuals who live at home and are struggling to meet basic needs can call **801-525-5050, Option 5** for help with meals, delivery of needed items, medical transportation, or overcoming other challenges that prevent them from staying safe

---

Thank you for your patience and cooperation during this COVID-19 pandemic.  
Feel free to contact the Davis County Health Department with any questions at 801-525-5128.